

SENIOR CENTER



Carlsbad Senior Center • 799 Pine Avenue • 602-4650

Senior Commission

The Carlsbad Senior Commission, a City Council appointed advisory board, meets at the Center the first Thursday of each month at 3 pm. The Commission offers input to the City Council on any issues pertaining to older adults. The public is welcome.

Your 50th Wedding Anniversary

... can be acknowledged by a Proclamation from the City of Carlsbad and presented by a City Official. Call 602-4650 for more information.

Making Connections

You Are Invited to Lunch!

What tastes better and costs less than any fast food restaurant? It is the privately catered lunches at the Carlsbad Senior Center! Delicious, nutritious meals are served Monday through Friday. Just call 602-4655 by 8 am the day you wish to dine ... and you must be 60 years young. Your reservation is held until 11:45 am, with lunch served promptly at noon. A suggested donation of \$3 assists in supporting this popular program. Home meal delivery is available for homebound Carlsbad seniors. Call 602-4652 for additional information. Transportation is available for Carlsbad residents; call 602-4650 for details.

Volunteer Opportunities

Looking for a way to help others and perhaps yourself? Consider one of several positions available in our dining/nutrition program. We are looking for responsible persons to assist with the service of meals, in the dining room or kitchen, as well as drivers for home meal deliveries. We will keep you busy for about two hours and you will be providing a valuable service to the community! Call 602-4650.

SENIOR SERVICES



Ongoing Activities

Arts & Crafts

Needlecraft: Tuesdays 8-11 am. Learn and share new knitting techniques while socializing with this cheerful group of people.

Crafti-Crafters: Fridays 8:30-11 am.

Watercolor Class: This is a very popular 2-month class on Wednesday or Thursday from 9-11:15 am. You may only attend one class per week. Bring your own supplies and be ready to create!

Dance & Exercise

Beginning Country Line Dancing: Learn the skill of Country Line Dancing while getting great exercise. No partners are necessary. Mondays from 12:30-1:30 pm. A \$1 donation is requested.

Country Line Dancing: Enjoy great exercise while dancing the latest Country Western Line Dances. No partners are necessary. Every Tuesday from 9:30-11 am. A \$1 donation is requested.

Ballroom Dance Lessons: No partners are necessary. 1st Thursdays from 12:30 to 1:15pm and 3rd Thursday from 1:00 pm to 2:30 pm of each month. A \$5 donation is requested.

Hawaiian Dance: Enjoy this graceful exercise set to beautiful music. A \$5 donation is requested. Newcomers are welcome.

Beginning / Intermediate classes held on Wednesdays, 2:30-4:30 pm.

Intermediate / Advanced classes held on Fridays from 12:45-2:45 pm.

International Folk Dancing: Learn easy steps to music from many countries. No partners are necessary and beginners are welcome! Mondays from 1-2:30 pm.

Jazz and Tap Dancing: Beginning to advanced dancers are welcome! Fridays 3-4:15 pm.

Low-Impact Aerobics with Carl Grubbs: Join Senior Olympic Gold Medal Winner, Carl Grubbs, as he helps you develop flexibility and strength. Meets every Thursday from 8:30-9:30 am. A \$2 donation is requested.

Walking Group: Looking for a way to increase your fitness level while having fun? Meet at the Senior Center front lobby, Tuesdays and Thursdays at 9 am.

Yoga: Now three levels of this less strenuous form of Yoga! A \$3 donation is requested.

Level I: Beginning / Gentle, Mondays 3-4:15 pm, Dance Studio

Level II: Intermediate, Monday 3- 4:15, Auditorium

Level III: Intermediate/Advanced, Thursday 10-11:15 am, Auditorium

Computers

Computer Classes: For the absolute beginner to the experienced PC users, these classes are taught by veteran computer professionals. Times vary. Fee and registration are required.

Personal Computer Lab: Drop in and use one of the Center's computers. A volunteer will answer any questions you might have. Please call 602-4650 for details on availability, times and days. Free.

PC Users Group: Beginners and experts are welcome. Meets on the 2nd, 3rd and 4th Thursdays from 2-4 pm. No reservations are needed. Free.

Games

Bingo: Play for cash prizes. Tuesdays from 12:30-4 pm (doors open at 12:30 pm). Bingo Game Packets stop selling at 1 pm. Games are from 1:15 pm to 4 pm. Sponsored by the Carlsbad Senior Citizens Association.

Party Bridge: Fridays, 12:30-4 pm. Seating is limited (first come, first served). There is a fee of 50¢ per game.

Chess: All players are welcome. Tuesdays 12:30-4:30 pm.

Mah Jongg: Play this fun Chinese tile game with 4 players at each table. Tuesdays and Wednesdays 8:30 am-12 pm.

Scrabble: Improve your vocabulary and have fun with other players on Fridays 1-4 pm.

Stamps for Seniors: Learn the exciting hobby of stamp collecting where you explore the many countries that issue stamps and where the collections are shared. The 2nd and 4th Fridays of the month from 9-11 am. Starts back in June 2007.

Soccer Golf: Do you know that we have a golf course right here in Pine Park? Are you ready to have a fun time playing this new game using soccer balls that you kick around the course and into nets, and is much more fun than miniature golf? Please join us in this great social game regardless of physical ability. Soccer Golf is an excellent game involving light walking on grass, minimal eye/foot accuracy and the ability to have a good time.

Language & Literature

Discussion Group: Enjoy moderated discussions covering a variety of topics. Meets the 1st, 3rd and 5th Fridays of each month, 9-11 am.

Writing Group: Enjoy writing short stories, family history, fiction or non-fiction? Come share your work with others who are exploring their own unique way of expressing themselves. Mondays 9-11 am.

Spanish: Three levels of Spanish are offered:

Level I is for newcomers and beginners and will emphasize pronunciation, diction and grammar. Mondays 9-10 am.

Level II is to expand your knowledge of Spanish and will cover more advanced grammar and sentence structure. Mondays, 10-11 am.

Level III is for the more advanced student and will feature reading and conversation and, of course, a lot of fun. Mondays, 11 am-noon.

Theater & Trips

Senior Readers Theater: Do you have a flair for the dramatic? Would you like to work with a group and entertain children with wonderful stories? Then we need you in our Readers' Theater group! We will be telling stories using a script – no need to memorize your part – we will use our scripts in our presentations. We meet on the 1st and 3rd Mondays at 1-3 pm.

Senior Safari Excursions: We try to accommodate as many of the interests of our participants as possible throughout the year. The Getty Villa, the Welk Resort, the San Diego Symphony, Catalina Island, Laughlin, Las Vegas and Palm Springs overnights are just a few of our trips. Please call Cynthia for more information at 602-4653.

Miscellaneous Activities

Congregate Lunch: Offered Monday-Friday from 11:45 am-12:30 pm. Transportation is provided for Carlsbad residents 60 years of age and older. A \$3 donation is appreciated. Call 602-4650 if interested.

Monthly Movies: Movie and FREE POPCORN on the 2nd Thursday of each month at 1:00 pm.

Dances: Have a great time dancing and socializing on the 1st Thursday of each month at 1:30 pm. Live Big Band music and refreshments. \$3 donation requested.

Assistance Programs

Transportation: Available for shopping and medical appointments for Carlsbad residents, 60 years of age or older. Please call 602-4650 for details.

Food Bank: Offered from 2-3:30 pm on the third Tuesday of each month for those who qualify. Call 602-4650 for details.

Legal Services: Legal assistance and advice are available on a regular basis. Call 602-4650 for appointment information.

AARP: Emphasizes how to adjust your driving in response to aging. Offered monthly for \$10. Call 602-4650 for reservations.

Individual Dietary Planning: 1st and 3rd Thursdays from 9:30 am to 11:30 am. with a dietician. Call 602-4650 for appointment.

Blood Pressure Screening: Offered every Tuesday of each month, 8:30-11 am. FREE! No appointments necessary.

Cholesterol Screening: Offered every Tuesday of each month, 8:30-11 am. A \$3 donation is requested. No appointments necessary. Requires fasting starting at midnight on the night before the test.

Glucose Screening: Offered every Tuesday of each month, 8:30-11 am for a \$1 fee. Requires fasting starting at midnight on the night before the test.